



## Kids

### Athletic Elite Basketball

Become a dimensional player! In depth instruction designed to improve all aspects of your game. Learn the fundamentals of dribbling, passing, and shooting. Enhance basic ability, build valuable ball handling skills, gain vital teamwork skills, encourage confidence, and improve game discipline.

#### **Beginner Class Age: 6-11Yrs**

Tuesday 6:30 – 7:30 PM      \$40 per month

#### **Advanced Class Age: 12-17Yrs**

Tuesday 7:30 – 9:00 PM      \$50 per month

### Judo & Jujitsu

Develop dedication and discipline! Olympic competitor, Bert Becerra, teaches you how to safely control your balance, leverage, and movement while implementing skill, technique, and timing through self defense. Improve concentration, body control, and quick reflexive action. Build self esteem and gain a lifetime of health and fitness.

Class meets M, W, Th, F 5:00 - 7:00 pm and Sa 1:00 PM - 2:30 PM

Age: 4 – 15 Yrs      \$42 per month

### Explorations in Art

Now that's a work of art! Discover different techniques for drawing and painting while using various mediums. Learn about artists of the past, as well as exploring individual creativity. Learn creative thinking skills while taking the mind through the world of art.

\$5 supply fee payable to instructor.

Age: 6 – 12 Yrs      \$26 to \$34 per month

# Adults

## Zumba Fitness with VaRita

Forget the workout, remember the fun! Combine fast and slow rhythms to learn aerobic routines to the sounds of Latin and International music. Utilizing the principles of fitness interval and resistance training, maximize caloric output, fat burning and total toning.

Class meets M, W 7 – 8 PM and Saturday 11:30 – 12:30 PM

2x per week     \$22 per month

3x per week     \$32 per month

## Boot Camp

Your life your body, your adventure! Get up and get outside for an invigorating workout including fitness instruction, motivational training, and energizing activities designed to help you reach your fitness goals. Increase strength, endurance, and improve your confidence.

Tuesday 5:45 – 6:45 PM     \$30 per month

## Kickboxing

Kick it up! Discover this exciting and valuable fitness challenge. Motivating demonstrations and energizing exercise focus on essential aerobic kickboxing movement and conditioning. Get moving, burn calories, and have so much fun you forget it is exercise!

Wednesday 5:15 – 7:30 PM     \$27 per month

